


Monday

Tuesday

Wednesday

Thursday

Friday



July 2026

Breakfast & Morning Snacks Served until 10:00 a.m.
11:00 a.m. Water & Juice
Lunch 12:30 p.m. Afternoon Snack 3:00 p.m.

Ladies only Support Group
National Joke Day **1**

10:10 Competitive Games-Wiz Quiz-American Legend's & Hero's-Trivia Tic Tac Toe-Extra Activity
 11:10 Tai Chi w/Sandy-Enrichment Activity
 11:45 Music/Songs & Trivia-Enrichment Activity
 1:45 Deal, Rack and Roll-Men's Group-Girl Talk/Gardening-Searching for Opposites-Painting w/Sheree-Extra Activity
 2:30 BINGO-Farkle-Poetry-Extra Activity
 3:30 Light Stretching-Extra Activity
 4:00 Wheel of Fortune-Dominos Tournament-Small Group
 4:30 Dominos Tournament Cont.
 5:00 Catch Phrase

Staycation USA **2**

10:10 Competitive Games-July 4th Trivia-Independence Mining Spelling Independence-Extra Activity
 11:10 Sit and Be Fit-Enrichment Activity
 11:45 Music/Songs & Trivia-Enrichment Activity
 1:45 Deal, Rack and Roll-USA A to Z-Faces & Places USA Independence Day Riddle-Extra Activity
 2:30 BINGO-Table Topics-Colorist Corner-Extra Activity
 3:30 Light Stretching-Extra Activity
 4:00 Wheel of Fortune-Dominos Tournament-Small Group
 4:30 Dominos Tournament Cont.
 5:00 Chicken Soup for the Soul

CLOSED **3**

10:10 Competitive Games-Magazine Scavenger Hunt-You Be the Judge-Brain Bashers-Extra Activity
 11:10 Tai Chi w/Sheree-Enrichment Activity
Spanish Made Simple
 11:45 Music/Songs & Trivia-Enrichment Activity
 1:45 Deal, Rack and Roll-Men's Group-Girl Talk-Crack the Code-Extra Activity
 2:00 BINGO-Spill & Spell-Art Corner-Extra Activity
3:15 Mocktail Monday
 3:30 Light Stretching-Extra Activity
 4:00 Wheel of Fortune-Dominos Tournament-Small Group
 4:30 Dominos Tournament Cont.
 5:00 Apples to Apples

World Chocolate Day **7**

10:10 Competitive Games-Memory Street-Create a Story-Chocolate Quiz-Extra Activity
 11:10 Sit and Be Fit-Enrichment Activity-**Book Club**
 11:45 Music/Songs & Trivia-Enrichment Activity
 1:45 Deal, Rack and Roll-Travel Series-Girl Talk-Word Wheel-Willy Wonka and the Chocolate Factory Trivia-Extra Activity
 2:30 BINGO-Kids Say the Darndest Things-Memory Boards-Extra Activity
 3:30 Light Stretching-Extra Activity
 4:00 Wheel of Fortune-Dominos Tournament-Small Group
 4:30 Dominos Tournament Cont.
 5:00 Chocolate Fun Facts

10:10 Competitive Games-Split Words-Brain Quest-Happy Word Scramble-Extra Activity
 11:10 Tai Chi w/Sandy-Enrichment Activity
 11:45 Music/Songs & Trivia-Enrichment Activity
 1:45 Deal, Rack and Roll-Men's Group-Call Out the Answer-Before or After 1950-Painting w/Sheree-Extra Activity
 2:30 BINGO-Story Creation-Colorist Corner-Extra Activity
 3:45 Light Stretching-Extra Activity
 4:00 Wheel of Fortune-Dominos Tournament-Small Group
 4:30 Dominos Tournament Cont.
 5:00 Reminiscing Card

Alzheimer's Support Group **9**

10:10 Competitive Games-Who/What & Where?-Ready "For" Name Ten-Extra Activity
11:00 Heart of Texas Therapy Dogs
 11:45 Music/Songs & Trivia-Enrichment Activity
 1:45 Deal, Rack and Roll-Men's Group-Girl Talk-Historical Highlight-Family Feud-Extra Activity
 2:30 BINGO-Sort-Colorist Corner-Extra Activity
 3:30 Light Stretching-Extra Activity
 4:00 Wheel of Fortune-Dominos Tournament-Small Group
 4:30 Dominos Tournament Cont.
 5:00 Compound Words

National French Fry Day **10**

10:10 Competitive Games-Table Topics-Judge for Yourself-Secret Gardening Quote-Extra Activity
 11:10 Sit and Be Fit-Enrichment Activity
 11:45 Music/Songs & Trivia-Enrichment Activity
 1:45 Deal, Rack and Roll-Men's Group-Pondering Points-Mixed Word Scrambles-Left, Right, Center-Extra Activity
 2:30 BINGO-Table Topics-Art Corner-Extra Activity
 3:30 Light Stretching-Extra Activity
 4:00 Wheel of Fortune-Dominos Tournament-Small Group
4:30 Comedy & Snack

10:10 Competitive Games-Precious Moments-Give Me Five! Word Boxes-Extra Activity
 11:10 Tai Chi w/Sheree-Enrichment Activity
Spanish Made Simple
 11:45 Music/Songs & Trivia-Enrichment Activity
 1:45 Deal, Rack and Roll-Men's Group-Girl Talk-Word Wheel-Catch Phrase-Extra Activity
 2:30 BINGO-Common Factor-Boggle-Extra Activity
 3:30 Light Stretching-Extra Activity
 4:00 Wheel of Fortune-Dominos Tournament-Small Group
 4:30 Dominos Tournament Cont.
 5:00 Poetry

National Mac 'n' Cheese Day **14**

10:10 Competitive Games-Word in a Word-Bulletin Board Talk-"Hot Seat"-Category Puzzle-Extra Activity
 11:10 Sit and Be Fit-Enrichment Activity-**Book Club**
 11:45 Music/Songs & Trivia-Enrichment Activity
 1:45 Deal, Rack and Roll-Travel Series-Girl Talk-Qwirkle-Strengthen Your Minds-Shut the Box-Extra Activity
 2:30 BINGO-Memory Boards-Art Corner-Extra Activity
 3:30 Light Stretching-Extra Activity
 4:00 Wheel of Fortune-Dominos Tournament-Small Group
 4:30 Dominos Tournament Cont.
 5:00 Hollywood Flashbacks

10:10 Competitive Games-Shake Lose a Memory-Buzz Time-Keep Your Brain Young-Extra Activity
 11:10 Tai Chi w/Sandy-Enrichment Activity
 11:45 Music/Songs & Trivia-Enrichment Activity
 1:45 Deal, Rack and Roll-Men's Group-Girl Talk-Brain Games-Jar-Painting w/Sheree-Extra Activity
 2:30 BINGO-The Common Factor-Bananagram-Extra Activity
 3:30 Light Stretching-Extra Activity
 4:00 Wheel of Fortune-Dominos Tournament-Small Group
 4:30 Dominos Tournament Cont.
 5:00 Name that Tune

Men's only Support Group
National Cherry Day **16**

10:10 Competitive Games-Memory Street-Squared Up-Trivia A to Z-Extra Activity
 11:10 Sit and Be Fit-Enrichment Activity
 11:45 Music/Songs & Trivia-Enrichment Activity
 1:45 Deal, Rack and Roll-Men's Group-Girl Talk/House Rules-Classic Movies Hangman-Left, Right, Center-Extra Activity
 2:30 BINGO-Shake Loose a Memory-Colorist Corner-Extra Activity
 3:30 Light Stretching-Extra Activity
 4:00 Wheel of Fortune-Dominos Tournament-Small Group
 4:30 Dominos Tournament Cont.
 5:00 Chat Pak

10:10 Competitive Games-Chat Pak-Upwards/Downwards-Trifles Master-Extra Activity
 11:10 Sit and Be Fit-Enrichment Activity
 11:45 Music/Songs & Trivia-Enrichment Activity
 1:45 Deal, Rack and Roll-Men's Group-Movie Stars from the 40's-Phrase Tiles-Colorist Corner-Extra Activity
 2:30 BINGO-Out Burst-Lighten Up-Extra Activity
 3:30 Light Stretching-Extra Activity
 4:00 Wheel of Fortune-Dominos Tournament-Small Group
4:30 Comedy & Snack

National Moon Day **20**

10:10 Competitive Games-Make 'Em Smile-Brain Bashers-Word in a Word-Extra Activity
 11:10 Tai Chi w/Sheree-Enrichment Activity
Spanish Made Simple
 11:45 Music/Songs & Trivia-Enrichment Activity
 1:45 Deal, Rack and Roll-Men's Group-Girl Talk-Moon Trivia-"Hot Seat-Brain & Body Toss-Extra Activity
 2:30 BINGO-Song Lyrics-Song Lyrics- Extra Activity
 3:30 Light Stretching-Extra Activity
 4:00 Wheel of Fortune-Dominos Tournament-Small Group
 4:30 Dominos Tournament Cont.
 5:00 Looking Ahead

10:10 Competitive Games- Riddle Jumble-Reminiscing Quizzes-Quest Cards-Mixed-Up Summer Movies-Extra Activity
 11:10 Sit and Be Fit-Enrichment Activity-**Book Club**
 11:45 Music/Songs & Trivia-Enrichment Activity
 1:45 Deal, Rack and Roll-Travel Series-Girl Talk-Strengthen Your Mind-Sentence Builder-American Trivia-Extra Activity
 2:30 BINGO-Go Fish-Art Corner-Extra Activity
 3:30 Light Stretching-Extra Activity
 4:00 Wheel of Fortune-Dominos Tournament-Small Group
 4:30 Dominos Tournament Cont.
 5:00 Compound Words

10:10 Competitive Games-Wiz Quiz-Four Seasons of Trivia-Scrambled Sentences-Mix & Match-Extra Activity
 11:10 Tai Chi w/Sandy-Enrichment Activity
 11:45 Music/Songs & Trivia-Enrichment Activity
 1:45 Deal, Rack and Roll-Men's Group-Girl Talk-Trifles Master-Searching for Opposites-Painting w/Sheree
 2:30 BINGO-Farkle-Poetry-Extra Activity
 3:30 Light Stretching-Extra Activity
 4:00 Wheel of Fortune-Dominos Tournament-Small Group
 4:30 Dominos Tournament Cont.
 5:00 Catch Phrase

Informational Support Group
National Vanilla Ice Cream Day **23**

10:10 Competitive Games-Mixed up Ice Cream Flavors-Tiles-Monument Scramble-Extra Activity
 11:10 Sit and Be Fit-Enrichment Activity
 11:45 Music/Songs & Trivia-Enrichment Activity
 1:45 Deal, Rack and Roll-Men's Group-Hollywood Flashbacks-Judge for Yourself-Mix & Matching-Extra Activity
 2:30 BINGO-Colorist Corner-Skip Bo-Extra Activity
 3:30 Light Stretching-Extra Activity
 4:00 Wheel of Fortune-Dominos Tournament-Small Group
 4:30 Dominos Tournament Cont.
 5:00 Faces & Places

National Cowboy Day
Amelia Earhart **24**

10:10 Competitive Games-Chat Pak-Upwards/Downwards-52 Weeks of Trivia-Amelia Earhart Truths-Extra Activity
 11:10 Sit and Be Fit-Enrichment Activity
 11:45 Music/Songs & Trivia-Enrichment Activity
 1:45 Deal, Rack and Roll-Men's Group/Cowboys-Similes-Younger or Older-Flip Cards-Extra Activity
 2:30 BINGO-Table Topics-Art Corner-Extra Activity
 3:30 Light Stretching-Extra Activity
 4:00 Wheel of Fortune-Dominos Tournament
4:30 Comedy & Snack

10:10 Competitive Games-Magazine Scavenger Hunt-Brain Bashers-Extra Activity
 11:10 Tai Chi w/Sheree-Enrichment Activity
Spanish Made Simple
 11:45 Music/Songs & Trivia-Enrichment Activity
 1:45 Deal, Rack and Roll-Men's Group-Girl Talk-Song Hangman-Keep Your Brain Young-Extra Activity
 2:30 BINGO-Spill & Spell-Art Corner-Extra Activity
3:00 Piano Symphony Healing Notes
 4:00 Wheel of Fortune-Dominos Tournament-Small Group
 4:30 Dominos Tournament Cont.
 5:00 Apples to Apples

10:10 Competitive Games-Fractured States-Logical Numbers-Enrichment Activity-Extra Activity
 11:10 Sit and Be Fit-Enrichment Activity-**Book Club**
 11:45 Music/Songs & Trivia-Enrichment Activity
 1:45 Deal, Rack and Roll-Men's Group-Girl Talk-Brain Bats-Would You Rather-Extra Activity
 2:30 BINGO-Trivia Challenge for Seniors-Similes-Extra Activity
 3:30 Light Stretching-Extra Activity
 4:00 Wheel of Fortune-Dominos Tournament-Small Group
 4:30 Dominos Tournament Cont.
 5:00 Creative Forecasting

National Lasagna Day **29**

10:10 Competitive Games-Chat Pak-Category Puzzle-Would you Rather-Extra Activity
 11:10 Tai Chi w/Sandy-Enrichment Activity
 11:45 Music/Songs & Trivia-Enrichment Activity
 1:45 Faces & Places
2:00 Birthday Party w/Tony Macaroni
 3:00 BINGO-Painting w/Sheree-Target Toss with Purpose
 3:30 Light Stretching-Extra Activity
 4:00 Wheel of Fortune-Dominos Tournament-Small Group
 4:30 Dominos Tournament Cont.
 5:00 Short Stories

National Friendship Day **30**

10:10 Competitive Games-Call out the Answer-Oddles-Follow the Letter-Word Web-Extra Activity
 11:10 Sit and Be Fit-Enrichment Activity
 11:45 Music/Songs & Trivia-Enrichment Activity
 1:45 Deal, Rack and Roll-Men's Group-Girl Talk-Jeopardy-Reminiscing Cards-Finish the Story Game-Extra Activity
 2:30 BINGO-Colorist Corner-Short Stories-Extra Activity
 3:30 Light Stretching-Extra Activity
 4:00 Wheel of Fortune-Dominos Tournament-Small Group
 4:30 Dominos Tournament Cont.
 5:00 I Have Who Has?

10:10 Competitive Games-Mixed-Up Fresh Start-Outburst-Word Mining-Extra Activity
 11:10 Zumba w/Francesca-Enrichment Activity
 11:45 Music/Songs & Trivia-Enrichment Activity
 1:45 Deal, Rack and Roll-Men's Group-Joggen Your Noggin-Who, What, Where-Art Corner-Extra Activity
 2:30 BINGO-Would You Rather-Colorist Corner-Extra Activity
 3:30 Zumba w/Francesca-Extra Activity
 4:00 Wheel of Fortune-Dominos Tournament-Small Group
4:30 Comedy & Snack

Daily 9:15-10:15 Coffee, Chit Chat, News & Views